In the Claims:

1. A hydroforming system comprising:

a dual conical tube formed from a blank comprising a first end, a second end and a central portion positioned between said first and said second ends, said central portion having a smaller cross sectional area than said first and said second ends; and

a shaping die adapted to receive said dual conical tube, said shaping die subject to pressurize such that said blank substantially approximates a shape of said shaping die.

2. The system of claim 1, wherein said blank is substantially bow tie shaped.

3. The system of claim 1, further comprising at least one reinforcement coupled to said blank.

4. The system of claim 1, wherein said shaping die is coupled to a forming system.

5. The system of claim 4, wherein said forming system comprises a hydroforming press.

6. The system of claim 1, wherein said dual conical tube is further adapted to bend through a bending process prior to insertion in said shaping die.

7. The system of claim 1, wherein said shape of said shaping die substantially conforms to a shape of at least one automobile body component.

8. A hydroforming system comprising:

a dual conical tube formed from a substantially bow tie shaped blank, said dual conical tube comprising a first end, a second end and a central portion positioned between said first and said second ends, said central portion having a smaller cross sectional area than said first and said second ends; and

a shaping die adapted to receive said dual conical tube, said shaping die subject to pressurize such that said dual conical tube substantially approximates a shape of said shaping die.

9. The system of claim 8, further comprising at least one reinforcement coupled to said substantially bow tie shaped blank.

10. The system of claim 8, wherein said shaping die is coupled to a hydroform press.

11. The system of claim 8, wherein said dual conical tube is further adapted to bend through a bending process prior to insertion in said shaping die.

12. The system of claim 8, wherein said shape of said shaping die substantially conforms to a shape of at least one automobile body component.

13. A method for molding a part comprising:

rolling a substantially bow tie shaped blank lengthwise to form substantially a dual conical tube shape;

joining seams of said substantially bow tie shaped blank;

inserting said substantially bow tie shaped blank in a metal forming device comprising a shaping die; and

substantially forming through pressurization said substantially bow tie shaped blank to an approximate shape of said shaping die.

14. The method of claim 13, further comprising reinforcing said bow tie shaped blank prior to the step of inserting.

15. The method of claim 13, wherein metal forming comprises hydroforming.

16. The method of claim 15, further comprising bending said substantially bow tie shaped blank prior to the step of hydroforming.

17. The method of claim 15, wherein hydroforming includes pressurizing said substantially bow tie shaped blank.

18. The method of claim 15, wherein hydroforming includes forming said bow tie shaped blank to a die.

19. The method of claim 13, wherein metal forming comprises hot-metal gas forming.

20. A part formed according to the method of claim 13 comprising:

a first end;

a second end;

and a central portion positioned between said first and said second ends, said central portion having a smaller cross sectional area than said first and said second ends.